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KIN 410.01: Advanced Strength Training Methods

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Strength Training Methods
HHP 410-Spring 2014, 11:10am to 12:30pm Tuesday and Thursday.
Classroom - ED 112, Lab – Adams Center 205

Instructor: Charlie Woida – 125D Adams Center, phone-243-4085, email: Charlie.woida@mso.umt.edu
Office hours: By appointment.

COURSE OBJECTIVES

This class is designed to be heavily hands on, it is suggested subject matter will include, but is not limited to maximizing student involvement in the understanding of physical training and the designing of exercise programs for health (both physical and mental), fitness and performance. Topics will include: 1) hands on experience where students will get a better understanding of resistance training and conditioning for athletic performance, 2) the fundamentals needed to design a program for athletic performance. 3) Understanding the 52 week yearly plan for a specific sport of the student's choice.

This course will lay a basic practical foundation for students to design a full year of training programs for a specific sport. The Semester Project will consist of completing homework assignments that will in the end up being a 52 week program for a sport of choice by each student. Each student will take into account the calendar and events that happen during the year for their chosen sport.

Students with disabilities are welcome to discuss accommodations with the instructor.

Instructor's Goals/Course Objectives:

1. Students will have the opportunity to learn by hands on experience.
2. Students will learn lifting technique themselves and also learn how to coach fellow students through the lifting movements. Students will learn coaching cues and learn technique flaws to look for during certain exercises.
3. Students will gain an appreciation for and the rational behind the importance of a well-designed and well-rounded strength and conditioning training program
4. Students will understand the principles and components of training for performance.
5. Students will understand all that goes into a full year/season of training.
6. Students will get a better understanding of the administrative perspective for planning a yearly plan. All things that go into the process of writing a program that often get overlooked by sport coaches and the athletes themselves.
7. Practice Quizzes will be given to the student for a better understanding of what questions would be expected on the CSCS exam and the CSCCa exam.

Graduate Students: Will be required to put together a portfolio throughout the course of the semester. They need to make the portfolio professional and ready as if they were going to have a job interview.

TEXTBOOKS – None Required

COURSE REQUIREMENTS

Participation and Attendance: Class will occasionally meet in the varsity weight room (Adams Center 205). You must be present and participate to receive homework and class participation points. You must be present for the entire class time or risk being counted absent. If you know that you will be missing a class for a legitimate reason please make arrangements in advance. Attendance is just like training, consistency is key for optimal success. If you miss 30% of class sessions you will automatically fail the class. For an absence to be excused, prior arrangements must be made. If prior arrangements are not made it will be counted as an unexcused absence.

Homework, Quizzes and Exams:

Homework: There will be handouts, reading assignments, online videos and workout programming in excel. It is suggested that you keep a folder or a 3-ring binder of all handouts and the work that you will be completing for your year round training program.

Final Exam date: Please note that the Provost has mandated that final exams must be given at the time assigned. The instructor is not permitted to give the final exam early for any reason and will not do so unless it is for an official University function. If you have multiple finals on any day, show proof and the instructor will arrange a better time for you. If you cannot make the final exam at the scheduled time you may take an incomplete and take the final exam at the beginning of the next semester. The final exam will be rewritten in these instances.

GRADING: A- 90-100% B- 80-89% C- 70-79% D- 60-69% F- Below 60%

- Plus/minus grades will be assigned: Example 80-82=B-, 83-86=B, 87-89=B+
- The university does not award A+ grades (93.0 or over is awarded an “A” grade)

Homework/Quizzes: 50%, Attendance: 25%, Semester Project: 25%,

ACADEMIC HONESTY – Students must read: All students must practice academic honesty. Academic misconduct is subject to an academic penalty by the course instructor and/or a disciplinary sanction by the University. All students need to be familiar with the Student Conduct Code. The Code is available for review online at <http://www.umt.edu/SA/VP/SA/index.cfm/page/1321>.

EMERGENCY PROCEDURES: This will be covered the first night of class.

STUDENTS WITH DISABILITIES OR MEDICAL CONDITIONS: If you have a known medical condition that could occur during class and which it would be helpful for the instructor to be forewarned, please make an appointment with the instructor, or visit him during office hours. If you feel that you might need assistance during an emergency, please recommend a plan to the instructor and let him know if you will need help. Students with disabilities are encouraged to discuss learning, testing and emergency need accommodations with the instructor.

*HHP Vision Statement: Health and Human Performance Professionals
Creating a Healthy, Progressive Global Community.*

HHP Mission Statement: Within the liberal arts tradition of The University of Montana and the mission of the PJ Washington College of Education and Human Services, the Department of Health and Human Performance (HHP) engages in professional education, scholarly activity, and meaningful public service. The department emphasizes all dimensions of health and human movement to advocate healthy lifestyle choices and enhance quality of life. The student-centered curriculum in HHP prepares quality graduates to be ethical and competent entry-level professionals in health and human performance related occupations or candidates for advanced study in associated disciplines.